



VMST David Gregg III Memorial Meet

NOVA of Virginia Aquatic Center

12207 Gayton Road, Richmond, VA 23233

(you may need to use Henrico instead of Richmond if you are using a GPS)

(804) 754-3401

February 4 and 5, 2017

New this year: 200-yard events eligible for awards will be held on Saturday; the same 200-yard events will be held as time trials on Sunday. Time trial times will be submitted to USMS, but winners of the time trials will not be eligible for awards. The 1000 Free will be held on Saturday; the 400 IM, 500 Free, and 1650 Free will be held on Sunday. A swimmer can now swim 6 events/day plus relays. And finally, we have four new awards!

Sponsored By: Virginia Masters Swim Team **Sanctioned By:** LMSC for Va. for USMS, Inc. **Meet Referee:** TBD

Meet Directors: Heather and Chris Stevenson (hnsrva@gmail.com or chrisl Stevenson@gmail.com)

Location: NOVA of Virginia Aquatic Center (address above). This is a 10-lane, 25-yard indoor pool with a fully electronic timing system. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered with US Masters Swimming and must include a copy of their LMSC card. One event (day of) USMS registrations will be permitted. Virginia registration will also be available at the meet.

Entries: \$4.00 per individual event plus a \$8.00 surcharge to help defray the costs of data entry, automatic timing, and printing. Relays will be deck-entered and deck-seeded at no cost. Deck entries will be accepted up until 30 minutes prior to meet starting time each day at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 6 events per day, plus relays.

Entry Deadline: ***On-line entries are strongly encouraged:*** www.clubassistant.com – meets are listed on the left side of the Club Assistant home page by date. The deadline for on-line entries is **Tuesday January 31, 2017**. In order to be seeded, paper entries must be received by **Monday January 23, 2017**. Entries received after the applicable dates will be considered deck entries and additional fees will apply.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily.

Warm-up/Warm-down Procedures: Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. There will be continuous warm-up/warm-down lanes available during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THE WARM-UP LANES ONCE THE MEET HAS BEGUN**. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Awards and Results: Ribbons will be given for first, second, and third place in each individual event. No ribbons for relays or time trials. Results will be posted at www.vaswim.org and will be uploaded to the USMS results database.

***Special awards** will be given to the **male** and **female overall** high point winners and to the **male** and **female overall** winners of three new award categories: **Best Sprinters** (lowest cumulative time in all four 50s); **Best Middle-Distance Swimmers** (lowest cumulative times in any four different 200s with no duplicates - swims can be done all on one day or over both days using the time trials); and **Best Distance Swimmers** (lowest cumulative time in 500, 1000 and 1650 Frees). These special awards are not based on age group.*

Nearby Lodging (all of these are in Henrico, VA if you are using a GPS):

- Hilton Richmond Hotel & Spa, 12042 W. Broad Street, Richmond, VA 23233. Phone: (804) 364-3600.
- Aloft Richmond West, 3939 Duckling Drive, Glen Allen, VA 23060. Phone: (804) 433-1888.

On-line entries strongly encouraged!

Online entries close *January 31st!*

Enter online at: www.ClubAssistant.com

(search for the meet by date)

Paper entries are due by January 23rd for seeding.

Note that both this page and the following signed waiver page must be submitted with paper entries.

Fill in the following information:

Name:		Sex:		USMS Reg. No.:	
Address:					
City:		State:		Zip Code:	
E-Mail Address:					
Age as of 2/05/2017:			Birthdate (Mo/Day/Yr):		
LMSC:		Club:		Phone (Day):	
				Phone (Night):	

Saturday, February 4, 2017 Warmups: 1:30-2:30 PM; Meet Starts: 2:30 PM					Sunday, February 5, 2017 Warmups: 7:30-8:30 AM; Meet Starts: 8:30:AM				
Women	Time	Event	Men	Time	Women	Time	Event	Men	Time
1		200 Breast	2		37		200 IM – Time Trial	38	
3		100 Free	4		39		200 Fly – Time Trial	40	
5		50 Fly	6		41		200 Back – Time Trial	42	
7		200 Back	8		43		200 Breast – Time Trial	44	
9		100 Breast	10		45		200 Free – Time Trial	46	
11		50 Free	12		47		1650 Free	48	
13		100 IM	14		49		400 IM	50	
15		200 Fly	16		51		500 Free	52	
5-MINUTE BREAK									
17		200 Free	18						
19		100 Back	20						
21		50 Breast	22						
23		100 Fly	24						
25		50 Back	26						
27		200 IM	28						
RELAYS									
29		200 Medley Relay	30						
31		200 Free Relay	32						
33		200 Mixed Medley Relay	---						
---		200 Mixed Free Relay	34						
5-MINUTE BREAK									
35		1000 Free	36						

Questions? Contact Heather or Chris Stevenson
(804) 310-3069 or (804) 332-4339
hnsrva@gmail.com or chrisl Stevenson@gmail.com

Entry Fees	
Total event fees (both days) _____ x \$4.00:	
Surcharge:	\$8.00
Total amount enclosed:	

**Make checks payable to:
Virginia Masters Swim Team**

**Mail Paper Entry to:
Chris Stevenson
7702 Hampshire Road, Henrico, VA 23229**

**FOR PAPER ENTRIES: A COPY OF YOUR USMS
REGISTRATION CARD MUST BE ENCLOSED
FOR YOUR PAPER ENTRY TO BE ACCEPTED!**



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

Revised 07/01/2014